

Webinar Quiz

November 2020

Tiny but Mighty – The Strength Band, Programming with a purpose

<https://attendee.gotowebinar.com/recording/8611282021343140872>

Join me for the key methods of programming the strength band. As new trends emerge in fitness, sadly, we often forget about staple equipment. Strength Bands were made famous in rehabilitation settings and are often seen in group exercise classes, but they also deserve a prominent gym spot. With results much the same as traditional weight training, they are small and inexpensive yet mighty useful. Time to expand your thinking for successful clients' motivation and results.

Presenter:

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CEC Quiz:

<https://www.surveymonkey.com/r/V7572RV>